

# Bigtime Butternut Squash & Zucchini Pasta

**Makes:** 6 Servings

## Ingredients

**8 ounces** Whole wheat penne pasta  
**4 ounces** Onion, yellow  
**8 ounces** Summer squash, zucchini  
**8 ounces** Winter squash, butternut  
**1 tablespoon** olive oil  
**1 tablespoon** balsamic vinegar  
**1/4 cup** parmesan cheese, grated  
**dash** ground black pepper



## Directions

1. Cook pasta al dente and rinse in cold water. Season with salt and pepper, drizzle with olive oil. Toss gently and set aside.
2. Peel and seed one medium butternut squash, season with salt and pepper and olive oil and put the squash in a medium roasting pan with approximately 1/2" of water in a hot oven (375°) until tender (approximately 30-40 minutes).
3. Cut onions into julienne or thin strips. Put onions and olive oil in a skillet on the stove top, and saute. Add the balsamic vinegar and continue cooking for 15 minutes. Add thin sliced zucchini, toss with the onions and continue cooking for 5 minutes.
4. Combine the cooked pasta and squash to the cooked onion and zucchini mixture and toss. Sprinkle each portion with Parmesan cheese.

## Notes

Serving Size: 1 portion

Tip: Purchase butternut squash that is already peeled and seeded. Dice the squash into medium sized cubes (1-2").